



National Nutrient Database for Standard Reference

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Statistics Report 09412, Pears, raw, bartlett

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1 2	g	84.14	8	0.195	83.63	85.08	1.0	82.748	85.524	2	Analytical or derived from analytical	--	08/2012
Energy	kcal	63	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Energy	kJ	264	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Protein 1 2	g	0.39	8	0.024	0.22	0.55	6.0	0.334	0.452	2	Analytical or derived from analytical	--	08/2012
Total lipid (fat) 1 2	g	0.16	6	0.032	0.07	0.3	3.0	0.062	0.26	2	Analytical or derived from analytical	--	08/2012
Ash 1 2	g	0.30	6	0.017	0.25	0.4	3.0	0.25	0.36	2	Analytical or derived from analytical	--	08/2012
Carbohydrate, by difference	g	15.01	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Fiber, total dietary 1 2	g	3.1	6	0.099	2.5	3.7	4.0	2.845	3.399	2	Analytical or derived from analytical	--	08/2012
Sugars, total 1 2	g	9.69	6	0.266	8.65	10.9	3.0	8.79	10.584	2	Analytical or derived from analytical	--	08/2012

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Sucrose 1 2	g	0.43	6	0.147	0.15	1.1	3.0	-0.036	0.899	2	Analytical or derived from analytical	--	08/2012
Glucose (dextrose) 1 2	g	2.50	6	0.253	1.58	4.58	1.0	0.501	4.498	2	Analytical or derived from analytical	--	08/2012
Fructose 1 2	g	6.76	6	0.077	6.17	7.13	4.0	6.542	6.971	2	Analytical or derived from analytical	--	08/2012
Lactose 1 2	g	0.00	6	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2012
Maltose 1 2	g	0.00	6	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2012
Galactose 1 2	g	0.00	6	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2012
Minerals													
Calcium, Ca 1 2	mg	9	4	0.249	8	11	2.0	8.125	10.854	2	Analytical or derived from analytical	--	08/2012
Iron, Fe 1 2	mg	0.19	4	0.022	0.11	0.28	2.0	0.09	0.29	2	Analytical or derived from analytical	--	08/2012
Magnesium, Mg 1 2	mg	6	4	0.013	6	7	1.0	6.344	6.616	2	Analytical or derived from analytical	--	08/2012
Phosphorus, P 1 2	mg	11	4	0.168	11	12	2.0	10.137	12.213	2	Analytical or derived from analytical	--	08/2012

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Potassium, K 1 2	mg	101	4	4.161	79	121	2.0	79.79	122.21	2	Analytical or derived from analytical	--	08/2012
Sodium, Na	mg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Zinc, Zn 1 2	mg	0.08	4	0.006	0.07	0.1	2.0	0.049	0.113	2	Analytical or derived from analytical	--	08/2012
Copper, Cu 1 2	mg	0.078	4	0.007	0.04	0.1	1.0	0.008	0.148	2	Analytical or derived from analytical	--	08/2012
Manganese, Mn 1 2	mg	0.037	4	0.001	0.03	0.04	1.0	0.024	0.049	2	Analytical or derived from analytical	--	08/2012
Selenium, Se 2	µg	0.1	2	--	0.1	0.1	1.0	--	--	1	Analytical or derived from analytical	--	08/2012
Vitamins													
Vitamin C, total ascorbic acid 1 2	mg	4.4	4	0.197	3.7	4.9	2.0	3.277	5.423	2	Analytical or derived from analytical	--	08/2012
Thiamin 1 2	mg	0.012	4	0.001	0.01	0.02	2.0	0.007	0.017	2	Analytical or derived from analytical	--	08/2012
Riboflavin 1 2	mg	0.026	4	0.002	0.01	0.04	2.0	0.014	0.038	2	Analytical or derived from analytical	--	08/2012
Niacin 1 2	mg	0.164	4	0.008	0.15	0.18	1.0	0.069	0.26	2	Analytical or derived from analytical	--	08/2012

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Pantothenic acid 1 2	mg	0.042	4	0.004	0.03	0.06	2.0	0.02	0.063	2	Analytical or derived from analytical	--	08/2012
Vitamin B-6 1 2	mg	0.026	4	0.003	0.02	0.03	2.0	0.01	0.043	2	Analytical or derived from analytical	--	08/2012
Folate, total 1 2	μg	6	4	0.000	4	8	--	--	--	2	Analytical or derived from analytical	--	08/2012
Folate, food	μg	6	4	0.000	4	8	--	--	--	2	Analytical or derived from analytical	--	08/2012
Choline, total	mg	5.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Vitamin A, RAE 1 2 3	μg	1	5	0.033	0	3	1.0	0.951	1.798	3	Analytical or derived from analytical	--	08/2012
Carotene, beta 1 2 3	μg	14	6	0.745	5	27	2.0	9.878	19.102	3	Analytical or derived from analytical	--	08/2012
Carotene, alpha 1 2 3	μg	2	6	0.000	0	6	--	--	--	3	Analytical or derived from analytical	--	08/2012
Cryptoxanthin, beta 1 2	μg	3	4	1.000	0	8	1.0	-9.706	15.706	2	Analytical or derived from analytical	--	08/2012
Vitamin A, IU	IU	28	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012

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Lycopene 1 2	µg	0	4	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2012
Lutein + zeaxanthin 1 2	µg	51	4	4.257	40	57	1.0	-2.224	104.224	2	Analytical or derived from analytical	--	08/2012
Vitamin E (alpha-tocopherol)	mg	0.12	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Vitamin K (phylloquinone) 1 2	µg	3.8	4	0.134	2.2	5.2	1.0	2.737	4.799	2	Analytical or derived from analytical	--	08/2012
Lipids													
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Amino Acids													
Tryptophan 2	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Threonine 2	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Isoleucine 2	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Leucine 2	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Lysine 2	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012

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Methionine 2	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Cystine 2	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Phenylalanine 2	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Tyrosine 2	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Valine 2	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Arginine 2	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Histidine 2	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Alanine 2	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Aspartic acid 2	g	0.111	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Glutamic acid 2	g	0.032	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012

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Glycine ²	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Proline ²	g	0.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Serine ²	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5i, 2001 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5a, 2001 Beltsville MD

³Nutrient Data Laboratory, ARS, USDA Continued monitoring of the nutrient content of selected key foods, University of Georgia, 1993 Beltsville MD